



Meditation & Application

Psalms 1:1-3; Joshua 1:8

HOW TO MEDITATE ON GOD'S WORD

Meditation is prayerfully pondering what God has said.

Three reasons to meditate on Scripture

1. Meditation is the key to becoming like Christ
Proverbs 4:23; Romans 12:2;
2 Corinthians 3:18

2. Meditation is the key to answered prayer
John 15:7; 1 John 5:14-15

3. Meditation is the key to successful living
Psalms 1:1-3; Joshua 1:8

SEVEN WAYS TO MEDITATE ON SCRIPTURE

1. Picture it
2. Pronounce it
3. Paraphrase it
4. Personalize it
5. Pray it
6. Praise God for it
7. Probe it

Put on your spiritual S P E C S

S → sin to forsake

P → promises to claim

E → examples to follow

C → commands to obey

S → stumbling stones to avoid

HOW TO APPLY GOD'S WORD James 1:22

Three questions I need to ask:

1. *What did it mean to the original readers?*
2. *What is the timeless principle?*
3. *How can I practice that principle?*

Four marks of a good application project:

- It must be personal
- It must be practical
- It must be possible
- It must be provable